



SUPPORT SERVICES

## After Suicide Support Group

A safe and caring space to support one another and share helpful ideas.

**Kia ora and welcome to this newsletter  
and the link it provides to a caring community**

### Monthly Meetings

(except Jan '17)

EVENING: 5:30pm

2nd Monday of each month

Next on 8 August

DAYTIME 1pm

4th Wednesday of each month

Next on 24 August

As well as facilitating the After Suicide Support Group we offer individual and family counselling. We work with children from age 6.

Our services are subsidised, donations are welcomed.

### Group Facilitators

Janet Baird

Megan Gamble (Evening)

Michelle Burling (Day)

### Administrator

Denise Carroll

### Contact us:

578 4480

support@griefsupport.org.nz

### Website:

www.griefsupport.org.nz

### New to the group?

Please phone 578 4480, text 027 213 1013 or email support@griefsupport.org.nz to let us know you are coming. We will get in touch with you before the group meeting.

J, M & M :)



Each year on September 10, World Suicide Prevention Day, we hold a Memorial Service to collectively remember our loved ones lost to suicide.

The theme of World Suicide Prevention Day this year is  
"Connect, Communicate, Care",  
three words at the core of suicide prevention.

We will send you information about this special service nearer the time.  
This year September 10 is a Saturday.

Our way is not soft grass

It's a mountain path  
with lots of rocks.

But it goes upwards,  
forward, to the sun.

(Ruth Westheimer)



### A grief education programme for adults bereaved by suicide.

This programme runs for eight weeks. WAVES is a grief education programme that aims to support adults bereaved by suicide in their understanding and management of grief and development of resilience. We will be running this group through October and November. Dates will be available in the next newsletter. Please contact us if you want more information or wish to register.

<http://skylight.org.nz/Waves+Support+Groups>



If you no longer wish to receive this newsletter please let Denise know.